1. Download and install XAMPP - <https://www.apachefriends.org/download.html>
2. Run XAMPP Control Panel as administrator, click start on Apache and MySQL modules(this will install services and start your server).
3. Go to C:\xampp\htdocs in explorer, place all files from file.zip here and overwrite any files already present.
4. Navigate to <http://localhost/phpmyadmin/> and go to the Import tab, choose the create.sql file from C:\xampp\htdocs and click import.
5. Navigate to <http://localhost/home.html> for the DBMS forms and <http://localhost/phpmyadmin/> for admin.
6. The load.sql does not work for me for some reason, if you want to try it for yourself, feel free to do so from the Import tab similar to create.sql, otherwise you can use the DBMS to add and create entries.